

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :-	लिखित परीक्षा (Written Examination)	पूर्णाङ्क :- २००
द्वितीय चरण :-	(क) सामूहिक परीक्षण (Group Test)	पूर्णाङ्क :- १०
	(ख) अन्तर्वार्ता (Interview)	पूर्णाङ्क :- ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

पत्र	विषय	खण्ड	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या x अङ्क	समय	
प्रथम	General Subject	Part I: General Awareness & General Ability Test	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	५० प्रश्न x १ अङ्क	१ घण्टा ३० मिनेट
		Part II: General Technical Subject					५० प्रश्न x १ अङ्क	
द्वितीय	Technical Subject		१००	४०	विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	४ प्रश्न x ५ अङ्क ८ प्रश्न x १० अङ्क	३ घण्टा

द्वितीय चरण : सामूहिक परीक्षण (Group Test) र अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ४०

पत्र / विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
अन्तर्वार्ता (Interview)	३०	बोर्ड अन्तर्वार्ता (Board Interview)	-

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथमपत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अंकको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- द्वितीय पत्रमा (विषयगत प्रश्न हुनेका हकमा) प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको विज्ञापन हुदाँको वखत (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति:

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र (Paper I): General Subject

Part (I) : - General Awareness & General Ability Test (50 Marks)

1. **General Awareness and Contemporary Issues** (25 ×1 Mark = 25 Marks)
 - 1.1 Physical, socio-cultural and economic geography and demography of Nepal
 - 1.2 Major natural resources of Nepal
 - 1.3 Geographical diversity, climatic conditions, and livelihood & lifestyle of people
 - 1.4 Notable events and personalities, social, cultural and economic conditions in modern history of Nepal
 - 1.5 Current Federal and Provincial Plan and Policies
 - 1.6 Information on sustainable development, environment, pollution, climate change, biodiversity, science and technology
 - 1.7 Nepal's international affairs and general information on the UNO, SAARC & BIMSTEC
 - 1.8 The Constitution of Nepal (From Part 1 to 5 and Schedules)
 - 1.9 Governance system and Government (Federal, Provincial and Local)
 - 1.10 Provisions of civil service act and regulation relating to constitution of civil service, organisational structure, posts of service, fulfillment of vacancy and code of conduct
 - 1.11 Functional scope of public services
 - 1.12 Public Service Charter
 - 1.13 Concept, objective and importance of public policy
 - 1.14 Fundamentals of management : planning, organizing, directing, controlling, coordinating, decision making, motivation and leadership
 - 1.15 Government planning, budgeting and accounting system
 - 1.16 Major events and current affairs of national and international importance
 - 1.17 Provincial organizational structure of agricultural services
2. **General Ability Test** (25 ×1 Mark = 25 Marks)
 - 2.1 **Verbal Ability Test** (8 x 1 Mark = 8 Marks)

Jumble words, Series, Analogy, Classification, Coding-Decoding, Matrix, Ranking Order Test, Direction and Distance Sense Test, Common Sense Test, Logical Reasoning, Assertion and Reason, Statement and Conclusions
 - 2.2 **Numerical Ability Test** (9 x 1 Mark = 9 Marks)

Series, Analogy, Classification, Coding, Arithmetical reasoning/operation, Percentage, Ratio, Average, Loss & Profit, Time & Work, Data interpretation & Data verification
 - 2.3 **Non-verbal/Abstract Ability Test** (8 x 1 Mark = 8 Marks)

Figure Series, Figure Analogy, Figure Classification, Figure Matrix, Pattern Completion/Finding, Analytical Reasoning Test, Figure Formation and Analysis, Rule Detection, Water images, Mirror images, Cubes and Dice & Venn-diagram

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Part (B) : - General Technical Subject (50 Marks)

1. Food Chemistry

26%

- 1.1 Historical development of food chemistry
- 1.2 Proximate composition of foods and their determination
- 1.3 Structure, classification and properties of carbohydrates. Physical and chemical properties of monosaccharides and disaccharides. Structure of different polysaccharides (starch, pectin, cellulose, hemicellulose). Properties of starch, gel formation, retrogradation of starch, modified starch, amylase and amylopectin
- 1.4 Structure, classification and properties of proteins. Classification and properties of amino acids, essential and non-essential amino acids, denaturation of proteins
- 1.5 Structure, classification and properties of lipids. Saturated and unsaturated fatty acids, reactions of unsaturated fatty acids, rancidity, autoxidation, flavour reversion
- 1.6 Classification and properties of vitamins. Occurrence of minerals in food
- 1.7 Structure of water, hydrogen bond, free water, bound water, water activity and its importance in food
- 1.8 General properties and classification of enzymes, enzymes in food industry, enzymatic browning, non-enzymatic reactions, caramelization, Maillard reaction
- 1.9 Natural pigments in food (chlorophyll, carotenoids, anthocyanins), artificial food colours, synthetic coal tar dyes and their assessment of safe limit
- 1.10 Principal flavouring compound in food, threshold value, flavour enhancers
- 1.11 Other food additives used in food industries: antioxidants, emulsifiers, preservatives, stabilizers, anti-caking agents, thickening agents, chelating agents, anti-foaming agents, artificial sweeteners (saccharine, aspartame, cyclamate, dulcin)
- 1.12 General introduction to flavonoids and alkaloids

2. Food Microbiology

24%

- 2.1 Principle and application of the polarizing microscope, ultraviolet microscope, phase contrast microscope, electron microscope
- 2.2 Morphology and cytology of bacteria, yeasts, molds, viruses and protozoa
- 2.3 Growth, reproduction, transformation, mutation and spore formation of micro organism
- 2.4 General principles of serology and immunology
- 2.5 Mutation and gene function at the molecular level, genetic recombination.
- 2.6 Bacterial nutrition and metabolism
- 2.7 General morphological and physiological characteristics of yeasts. Identification characteristics of Saccharomyces and Endomyces
- 2.8 Identification characteristics of food spoilage microorganisms (Salmonella species, E. coli, Staphylococcus species., Pseudomonas species), identification of Aspergillus, Penicillum, Rhizopus species
- 2.9 Microbiology of meat, fish, poultry and their products, milk and milk products, fruit and vegetable products, fast foods, cereals and cereal products, spices, tea and coffee
- 2.10 Environmental microbiology (air, water and soil)
- 2.11 Hurdle concept of food safety

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 2.12 Food borne infection and intoxication. Biotoxins : aflatoxins, fumiginosin, ochratoxin, zearalenon

3. Biochemistry and Nutrition

26%

- 3.1 Digestion, absorption, metabolism and functions of carbohydrates, proteins and lipids
- 3.2 General properties of enzymes, coenzymes and factors, enzyme kinetics and mechanism of action, inhibitors and activators
- 3.3 Biochemical functions of nucleic acids, elementary notions of protein biosynthesis
- 3.4 Nutritional importance of vitamins, minerals, trace elements, essential fatty acids and essential amino acids. Protein Efficiency Ratio (PER), Net Protein Utilization (NPU), Chemical Score
- 3.5 Nutritional classification of food. Food groups, balance diet and application of food composition table
- 3.6 Nutritional requirements and recommended dietary allowances of infants, preschool children, pregnant and lactating mother
- 3.7 Importance of mother's milk in child nutrition. Baby foods, infant foods, weaning foods, supplementary foods
- 3.8 Assessment of nutritional status and their indicators
- 3.9 Major nutritional deficiency diseases

4. Food Engineering

24%

- 4.1 Units, dimensions and their conversion
- 4.2 Unit operation, heat and material balance, heat transfer (conduction, convection and radiation) and heat exchangers
- 4.3 Laws of thermodynamics and it's applications
- 4.4 Flow of fluids, laminar and turbulent flow, Newtonian and non-Newtonian fluids, selection of pumps. Principle and application of rheology and rheometry
- 4.5 Principle, application and equipments for refrigeration & freezing, drying, evaporation, centrifugation, size separation (filtration, sedimentation), size reduction (crushing, slicing, grinding)
- 4.6 Principle and application of distillation, extraction and super critical fluid extraction
- 4.7 General introduction to belt conveyers, chain conveyers, screw conveyers, elevators and their importance in food industries
- 4.8 Steam generation and its application in food industries
- 4.9 Principle of extrusion cooking and it's use in food industries
- 4.10 High pressure technology, membrane technology (Reverse Osmosis and Ultra Filtration) and its application in food industries
- 4.11 Process plant and equipment design, scale-up and safety factors

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II): Technical Subject

Section A - 30 Marks

- 1. Post-Harvest and Food Processing Technology** **30%**
- 1.1. The broad-based approach to post-harvest and agro-industry development in Nepal
 - 1.2. Development, growth, maturation, ripening of fruits and vegetables.
 - 1.3. Development of post-harvest technology for citrus, apple, mangoes, tomatoes, cabbages, cauliflowers etc. Controlled atmosphere storage (CAS), modified atmosphere storage (MAS), cellar storage, cold storage, zero energy chamber storage
 - 1.4. Post-harvest handling of grains: Grading, storage and transportation of cereal grains
 - 1.5. Qualitative and quantitative assessment of post-harvest losses and management system for loss reduction in rice, maize, wheat and other perishable food commodities such as fruits and vegetable.
 - 1.6. Federal and Provincial current policy and plan for increase in agriculture production and strategy for development of food and nutrition security
 - 1.7. General principles and methods of food preservation
 - 1.8. Indigenous food processing practices
 - 1.9. Processing and preservation of milk and milk products
 - 1.10. Processing and preservation of meat, fish and poultry
 - 1.11. Technology of cereal, legume and oil seeds.
 - 1.12. Confectionery technology
 - 1.13. Processing and preservation of tea, coffee, spice and condiments
 - 1.14. Processing and preservation of fruits and vegetable
 - 1.15. Uses of enzymes in food processing industries
 - 1.16. Use of various packaging materials in food processing
 - 1.17. Recent advancements in food processing technology
 - 1.18. Processing of feed and feed supplements
 - 1.19. Processing and preservation of water and non fermented beverages

Section B - 20 Marks

- 2. Human Nutrition** **20 %**
- 2.1. Food habits and food taboos
 - 2.2. Food security and nutrition
 - 2.3. Role of Food technology in assuring food security in Nepal
 - 2.4. Functional foods and its importance, therapeutic nutrition and diet
 - 2.5. Supplementation, fortification and enrichment of foods
 - 2.6. Effect of processing on nutrients
 - 2.7. Underline causes and consequences of malnutrition and improvements of nutritional status of infants, pregnant and lactating mother. Double burden of malnutrition.
 - 2.8. Lifestyle diseases: diabetes mellitus, obesity, cardiovascular diseases, hypertension
 - 2.9. Food and nutrition surveys to assess the nutritional problems and develop practical measures to mitigate identified nutritional deficiency by food based approach.
 - 2.10. Natural occurrence of antinutritional factors in food, food toxicity and allergenicity. Methods of their removal. Food allergies
 - 2.11. Different Nutritional surveys (Dietary, Anthropometric and other) conducted so far in Nepal
 - 2.12. Organizational set ups and policy documents to carryout nutritional activities in Nepal
 - 2.13. International agencies in nutritional activities.

प्रदेश लोक सेवा आयोग
लुम्बिनी प्रदेश
प्रदेश कृषि सेवा, फूड न्यूट्रिशन एण्ड क्वालिटी कन्ट्रोल समूह, अधिकृतस्तर सातौ तहका पदहरूको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Section C - 20 Marks

- 3. Industrial Microbiology** **20%**
- 3.1. Industrial application of micro organisms
 - 3.2. Isolation and preservation of industrially important micro organisms
 - 3.3. Identification and physiological characteristics of industrially important microorganisms (Lactic acid bacteria, yeast and mold)
 - 3.4. Fermented foods and beverages
 - 3.5. Biochemical reaction and fermentation
 - 3.6. Industrial fermentation of organic acids (vinegar, citric acid, lactic acid), amino acid (L-glutamic acid, L-lysine and L-tryptophan), and vitamins (vitamin B-12, riboflavin, β -carotene)
 - 3.7. Industrial production and purification of enzymes (amylase, glucoamylase, dextrin sucrose)
 - 3.8. Microbiological assay of vitamins and amino acids
 - 3.9. Principle and application of bioreactor, Solid Substrate Fermentation (SSF): Principle and application, Submerged Fermentation. Merits and demerits of Solid Substrate Fermentation and Submerged Fermentation
 - 3.10. Recent trends and developments in biotechnology
 - 3.11. Single cell protein, antibiotics and chemistry of microbial leaching.

Section D - 30 Marks

- 4. Food Control Management** **30 %**
- 4.1. Concept of Quality control and Quality assurance
 - 4.2. Role of federal, Provincial and Local Governments in food safety and quality regulation
 - 4.3. Food Safety Policy 2076, Food Act, 2023 and Food Regulation, 2027 ; Feed Act, 2033 and Regulation, 2041 Dietary Supplement Directives 2072
 - 4.4. Food Sampling and Inspection techniques
 - 4.5. Food safety and Quality control issues in Nepal and their mitigation measures
 - 4.6. Food adulteration and its control mechanism. Food safety and monitoring of contaminants in foods.
 - 4.7. Quality attributes of food and sensory evaluation
 - 4.8. Food standards and Codex Alimentarius Commission
 - 4.9. General concept of Sanitary and Phyto Sanitary (SPS) and Technical Barrier to Trade (TBT) in context of WTO
 - 4.10. Food plant sanitation and management
 - 4.11. General principle and application of Hazard Analysis and Critical Control Point (HACCP), Good Manufacturing Practice (GMP), International Standard Organization (ISO 9000-2000), Total Quality Management (TQM) and Good Agricultural Practice (GAP)
 - 4.12. Good Laboratory Practices (GLP), Laboratory Accreditations
 - 4.13. Principle and application: Enzyme Linked Immuno Sorbent Assay (ELISA), Gas Chromatography(GC), High Performance Liquid Chromatography (HPLC), Atomic Absorption Spectroscopy (AAS), Mass Spectrometry (MS), Infra-Red and Ultra Violet Spectroscopy
 - 4.14. General concept of statistical quality control , sampling techniques, measures of location and dispersion, probability, test of significance (Chi-square test, T and Z tests, F-value)
